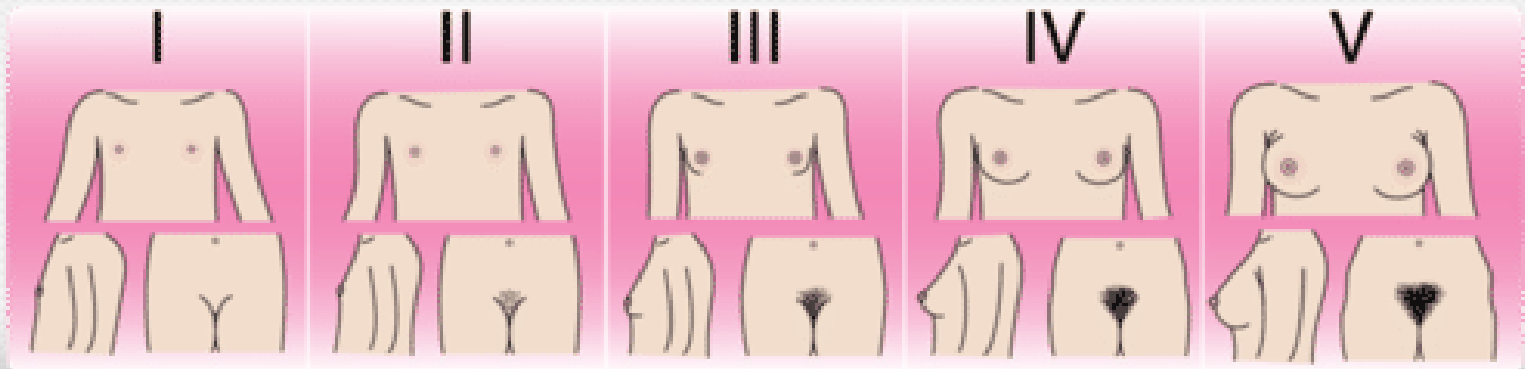


# FEMALE REPRODUCTIVE DEVELOPMENT

**Mr. Michael A. Mendoza, MAEd, RGC, RPm, LPT, CHRA**  
*Instructor*

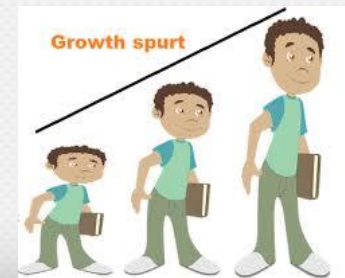
# What causes puberty to begins in female?

- Puberty in girls starts when the hypothalamus “tells” the pituitary gland to secrete hormones that target the ovaries.
- Two pituitary hormones are involved: **luteinizing hormone (LH)** and **follicle-stimulating hormone (FSH)**.



# Adolescent Growth Spurt in female

- Like boys, girls also go through an **adolescent growth spurt**.
- However, **girls typically start their growth spurt a year or two earlier than boys** (and therefore a couple of centimeters shorter, on average).

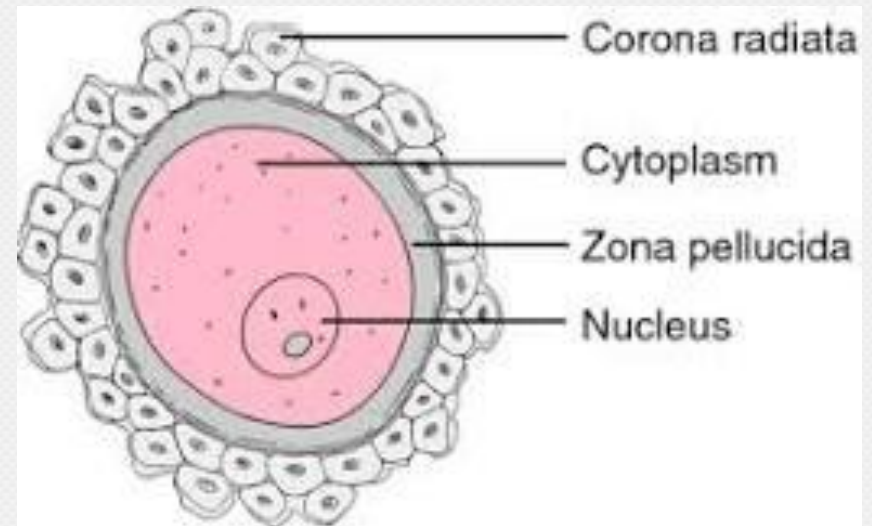
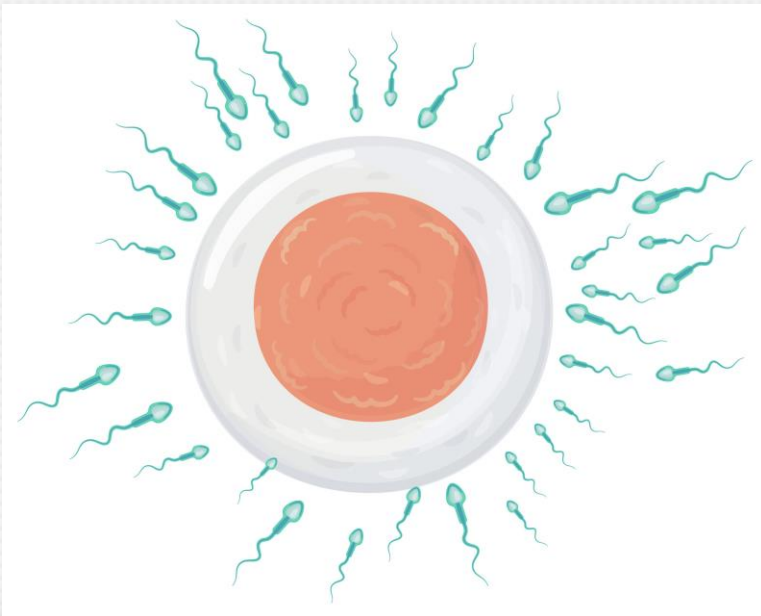


# Menarche

- **Menarche** is the beginning of **menstruation**, or monthly periods as the ovaries begin the cyclic release of an egg.

# Egg cells

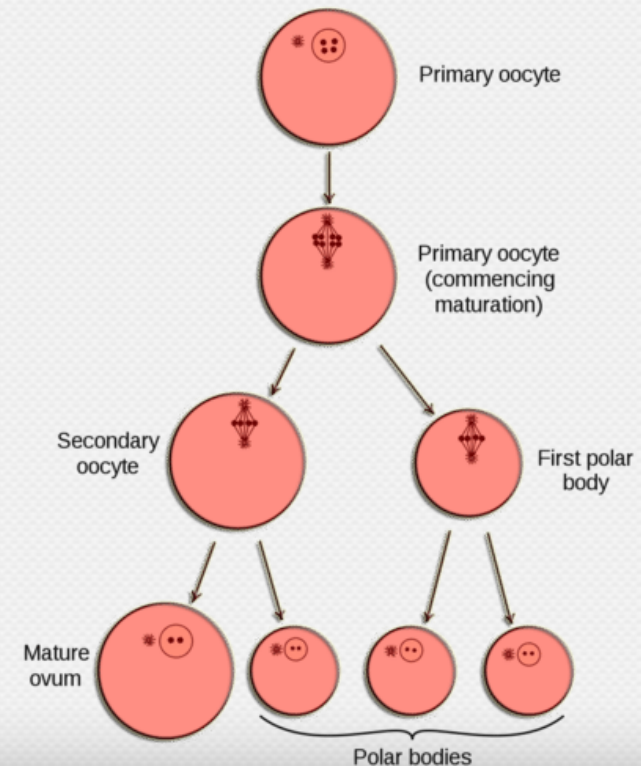
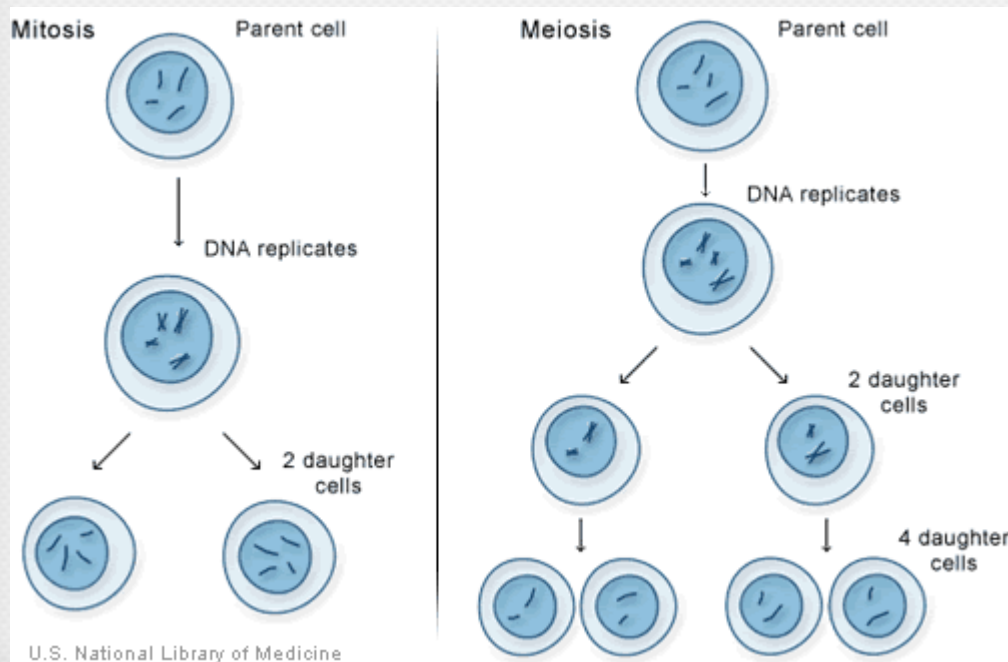
- It is also known as the ovum and is the female reproductive cell or gamete.





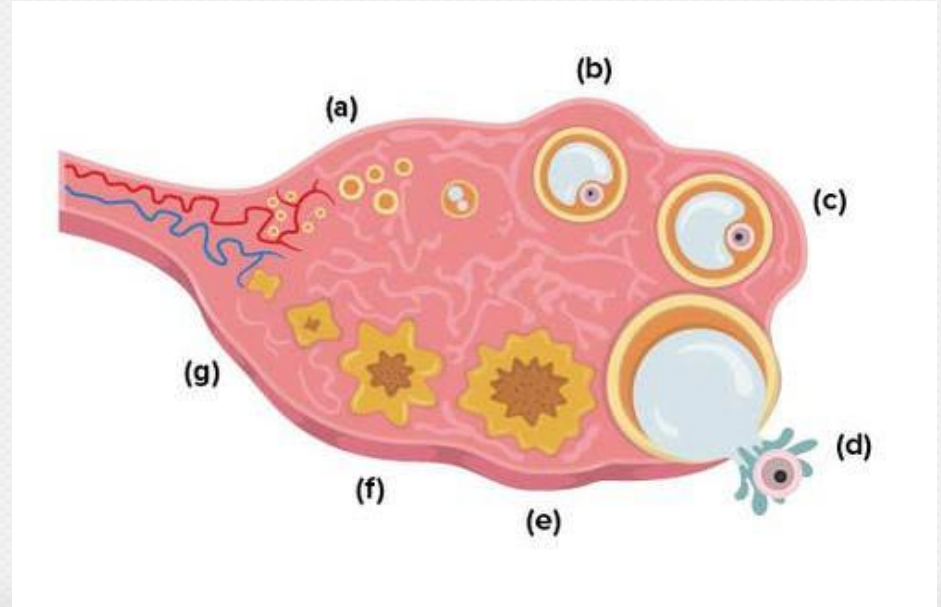
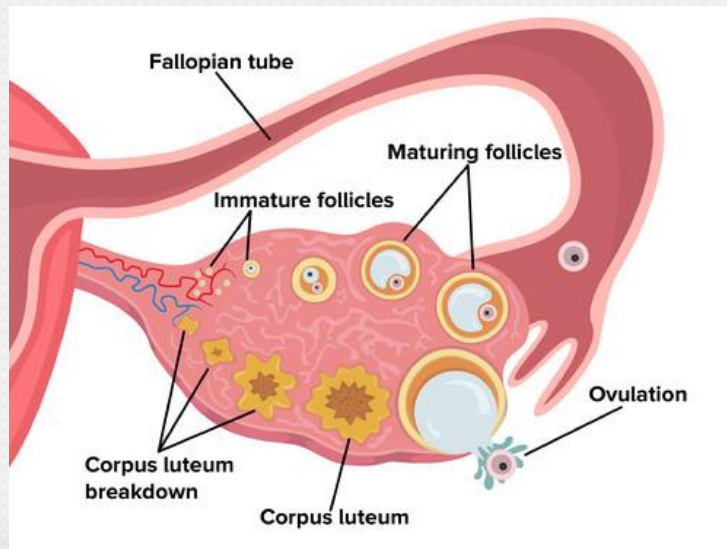
# Oogenesis

- It is the process of producing eggs in the ovary.



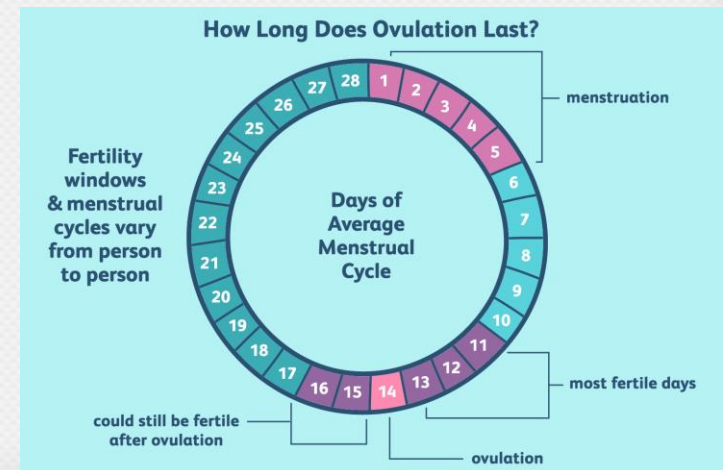
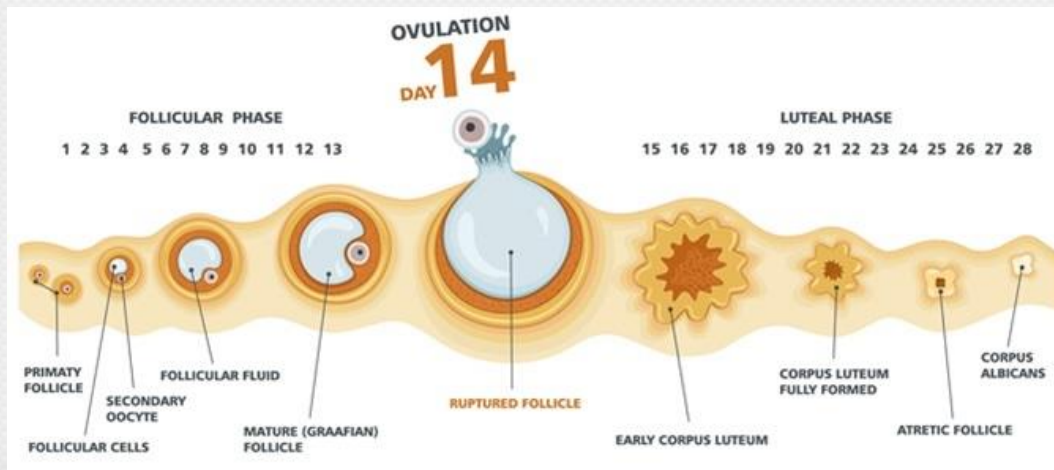
# Maturation of a follicle

- Beginning in puberty, each month one of the follicles and its primary oocyte starts to mature.



# Ovulation and Fertilization

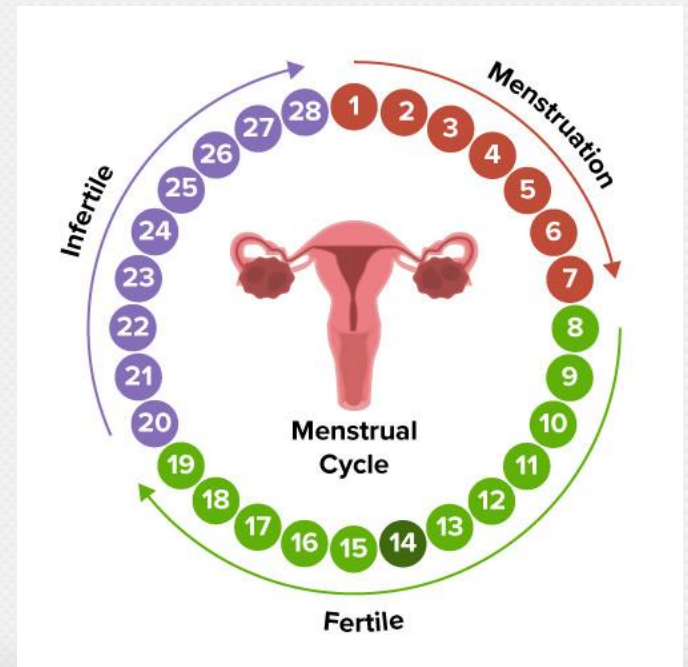
- After 12–14 days, when the follicle is mature, it bursts open, releasing the secondary oocyte from the ovary. This event is called **ovulation**.



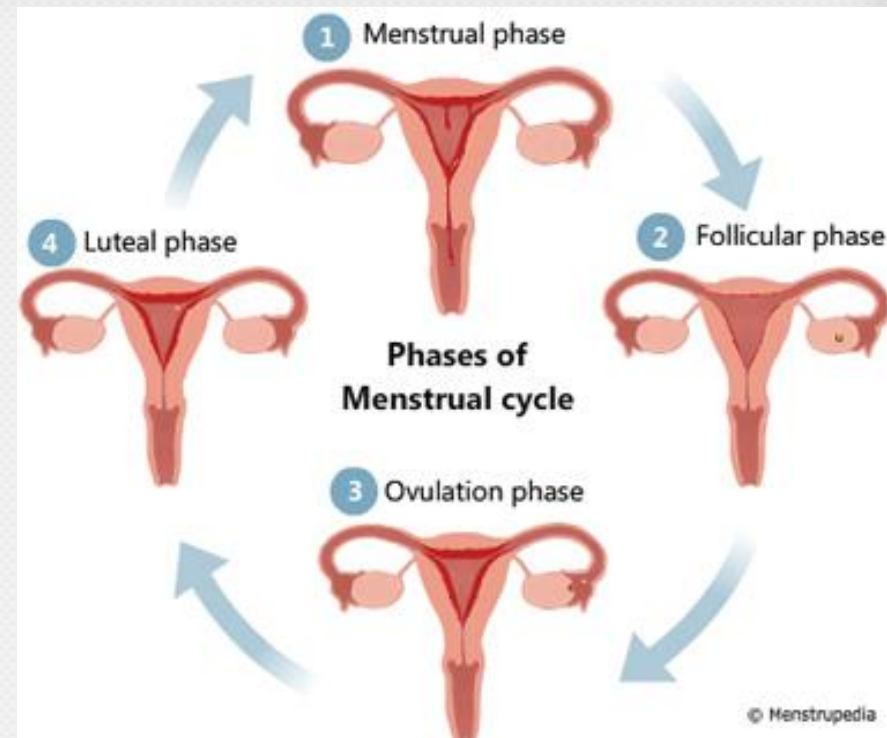
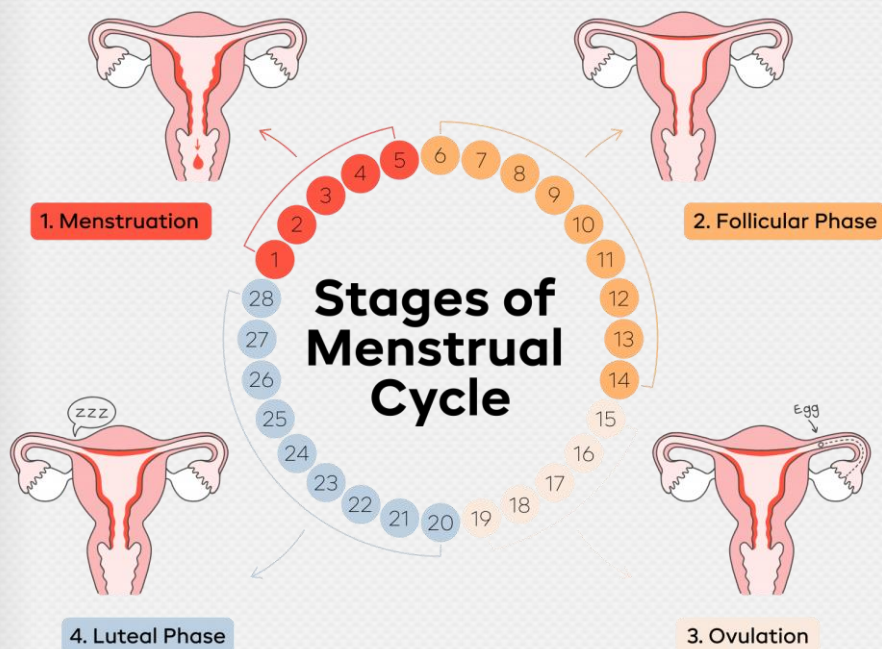


# Menstrual Cycle

- The menstrual cycle is the monthly series of changes the body goes through to prepare for pregnancy.

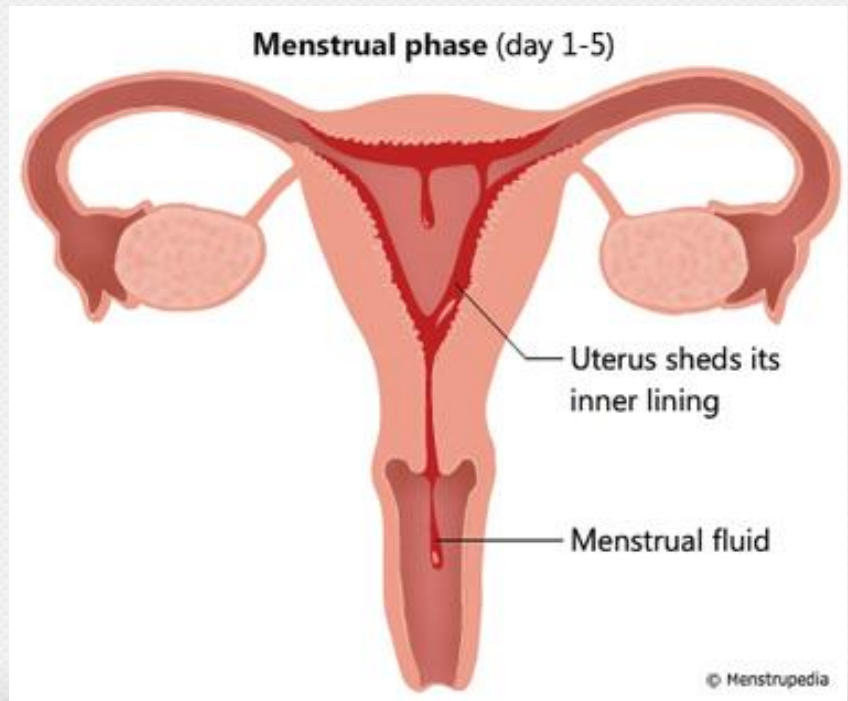


# Stages of Menstrual Cycle



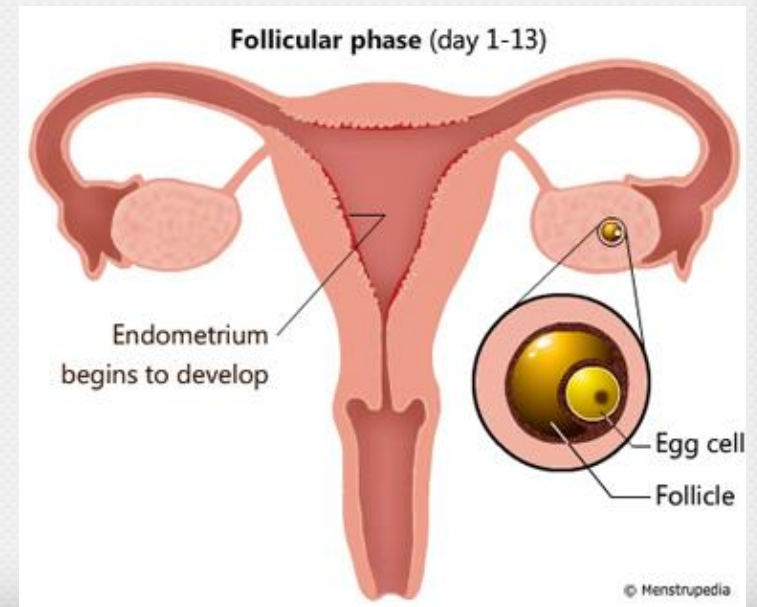
# Stages of Menstrual Cycle

**1. Menstrual Phase** - begins on the first day of menstruation and lasts till the 5th day of the menstrual cycle.



# Stages of Menstrual Cycle

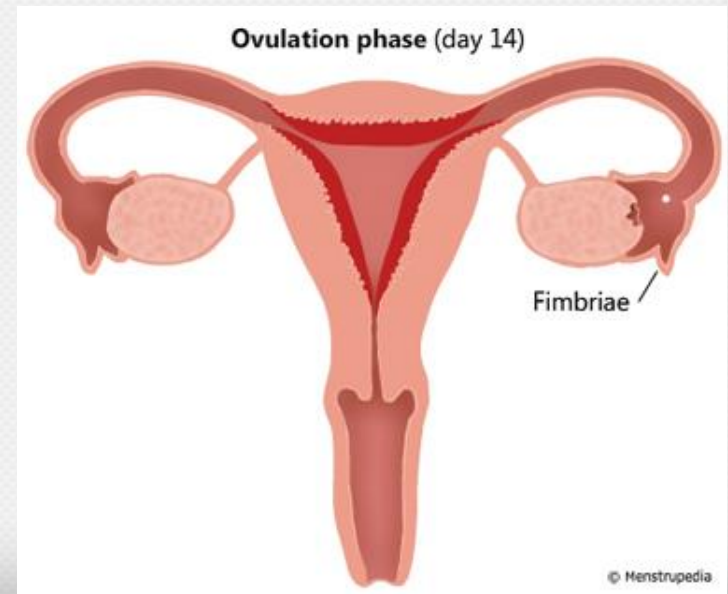
**2. Follicular Phase** - this phase also begins on the first day of menstruation, but it lasts till the 13th day of the menstrual cycle.





# Stages of Menstrual Cycle

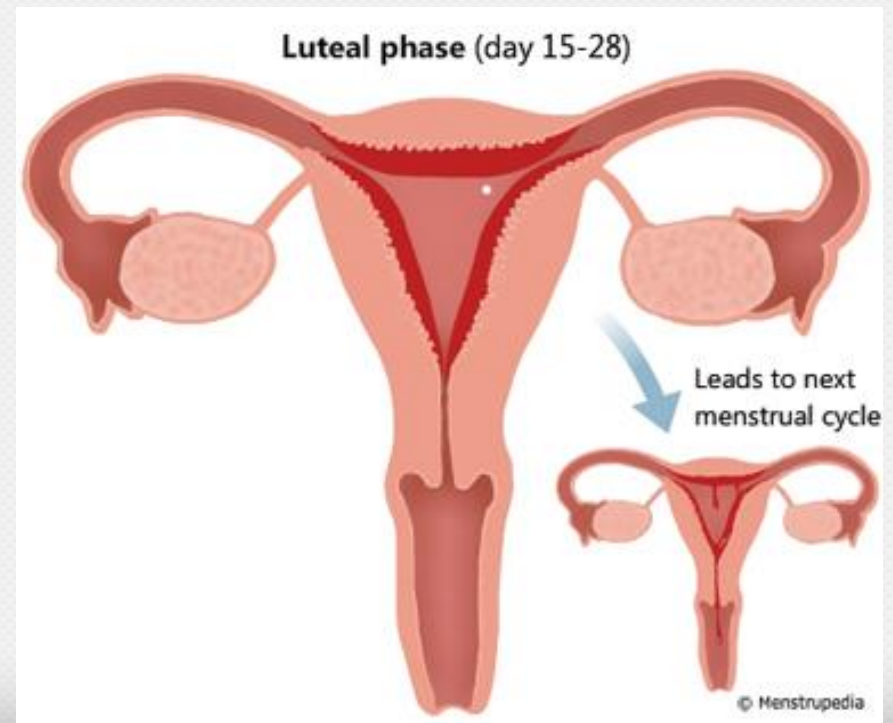
**3. Ovulation Phase** - on the 14th day of the cycle, the pituitary gland secretes a hormone that causes the ovary to release the matured egg cell.





# Stages of Menstrual Cycle

4. **Luteal Phase** - this phase begins on the 15th day and lasts till the end of the cycle.



# Menopause

- It refers to a period during which their menstrual cycles slow down and eventually stop, generally by their early fifties.
- After menopause, women can no longer reproduce naturally because their ovaries no longer produce eggs.



**ANY  
QUESTIONS?**



# References:

- [Female Reproductive Development | CK-12 Foundation \(ck12.org\)](#)
- [Egg Cells | CK-12 Foundation \(ck12.org\)](#)
- [Menstrual Cycle | CK-12 Foundation \(ck12.org\)](#)

**Thank you for  
listening! 😊**